



26-3-2017

5 km 3Plassenloop

| Plaats | Naam | Tijd | man / vrouw | Leeftijd | Vereniging |
|--------|----------------------|---------|----------------|----------|--------------------------|
| 1 | Jeroen Zuiderduin | 0:17:34 | m | 38 | ARV Ilion |
| 2 | Tim den Braber | 0:17:52 | m | 18 | triathlon Haarlemmermeer |
| 3 | Barend Sparreboom | 0:18:54 | m | 36 | ARV Ilion |
| 4 | Michel Ruijter | 0:19:57 | m | 50 | ARV Ilion |
| 5 | Viktor van den Berg | 0:21:49 | m | 39 | |
| 6 | Bas van Dalen | 0:22:10 | m | 48 | |
| 7 | Theo Janssen | 0:23:39 | m | 71 | RRZ |
| 8 | Adri Vergalen | 0:23:45 | m | 69 | ARV Ilion |
| 9 | Max Buizert | 0:23:56 | m | 19 | RRZ |
| 10 | Peter van der Wart | 0:24:14 | m | 62 | |
| 11 | Hermes Verseveldt | 0:24:36 | m | 60 | |
| 12 | Victor Verseveldt | 0:24:37 | m | 31 | |
| 13 | Marc Bras | 0:24:43 | m | 40 | RRZ |
| 14 | Rene Jong | 0:24:48 | m | 31 | |
| 15 | Klaas de Vries | 0:24:57 | m | 53 | RRZ |
| 16 | Gerhard Frikken | 0:24:58 | m | 50 | RRZ |
| 17 | Bianca Hesselius | 0:24:59 | v | 43 | RRZ |
| 18 | Jos Spaanderman | 0:25:00 | m | 58 | RRZ |
| 19 | Karin van Gemeren | 0:25:05 | v | 51 | ARV Ilion |
| 20 | Oscar Reurekas | 0:25:30 | m | 36 | |
| 21 | Josette Peltenburg | 0:26:28 | v | 36 | |
| 22 | Nico de Jonghe | 0:26:36 | m | 38 | |
| 23 | Wim van der Zwan | 0:26:52 | m | 60 | |
| 24 | Rob van Beek | 0:27:00 | m | 67 | ARV Ilion |
| 25 | Michel van Dijk | 0:27:13 | m | 48 | |
| 26 | Arjan Knollema | 0:27:39 | m | 60 | ARV Ilion |
| 27 | Geert Sipman | 0:28:12 | m | 59 | WVZ Zoetermeer |
| 28 | Cris Klaassen | 0:28:36 | m | 49 | RRZ |
| 29 | Inge de Jager | 0:28:42 | v | 55 | |
| 30 | Sander Hoogma | 0:28:50 | m | 40 | |
| 31 | Olaf van der Kruk | 0:29:05 | m | 30 | |
| 32 | Wim Holleman | 0:29:20 | m | 78 | AvvN |
| 33 | Danny Guldemundt | 0:30:10 | m | 34 | |
| 34 | Lisette van Burkum | 0:31:03 | v | 51 | RRZ |
| 35 | Helen Gordijn-vEmpel | 0:31:03 | v | 49 | RRZ |
| 36 | Wilma Coenen | 0:31:07 | v | 52 | RRZ |

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|----|----------------------|---------|---|----|-----------------------|
| 37 | Chris Karremann | 0:31:11 | m | 50 | Running Pack |
| 38 | Bauke Sijthoff | 0:31:11 | m | 66 | RRZ |
| 39 | Leontine van de Laar | 0:31:13 | v | 48 | RRZ / Team Happy Feet |

| Kolom1 | Kolom2 | Kolom3 | Kolom4 | Kolom5 | Kolom6 |
|--------|--------|--------|--------|--------|--------|
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